



# Sandoval County Senior Program Administration

## CENTER LOCATION

JANUARY 2017

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Hours of Operation:  
Monday—Friday 8-5pm

## Sponsorship

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Sandoval County Commission and  
Non Metro New Mexico  
Economic Development District  
Area Agency on Aging

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**All Sites individualize their newsletters to their local area information, activities calendars and games.**

## Health & Wellness

### 5 New Year's Resolutions For Seniors

The new year presents a unique opportunity to start fresh and begin making much-needed changes that improve your mental and physical health. Whether you want to focus on enhancing your physical fitness or feel that you should make more of an effort to engage in social activities, 2017 is the time to make it happen. Here are a few ideas that you may want to consider adding to your list of New Year's resolutions.

#### 1. Reestablish old connections

Unfortunately, it can be easy to lose contact with friends and family members who live far away. If you have a loved one in mind who you know you could do better at reaching out to, make 2017 the year that you make an effort to reestablish this connection. Thanks to social media platforms, such as Facebook and Instagram, it's easy to share pictures and messages with people from all corners of the world. Simply sending out an update noting how you're doing and what's going on in your life can be all it takes to restore a special relationship with a friend. There are also smartphone applications like Viber that enable you to call people for free regardless of where they live. Scheduling a Skype session is also a fun way to see someone face-to-face as you catch up.

#### 2. Take baby steps toward eating right

Probably one of the most popular New Year's resolutions, switching up your diet so that it consists of nutritious foods is essential. Remember that eating right doesn't necessarily have to mean that you completely cut a certain food from your diet or drastically change all of your regular meals. Slowly introducing more fruits, vegetables, lean meats and whole grains to your daily meals will improve your health without requiring you to make any significant alterations to your diet. If you find it difficult to eat your greens, consider whipping up a smoothie with sweet fruit like berries and bananas on top of greens, such as spinach and kale. The fruit will mask the taste of the veggies, creating a tasty way to consume the recommended five to nine servings of fruits and vegetables per day.

#### 3. Give yourself a break

Having a weekly schedule consisting of exercise classes, social gatherings and meetings for clubs, such as knitting or reading groups, is key to maintaining physical and mental health. However, it's essential to allow yourself a break to enjoy the simple things in life. This could mean taking a day off to visit loved ones or reserving time to yourself in the mornings to relax with your cup of coffee. Your chances of sticking to your resolutions will also increase if you allow yourself time to unwind when needed.

## Health and Wellness continued

### 4. Work out your body and brain

While it is important to get in the recommended 150 minutes of exercise per week, don't forget that keeping your brain active is equally essential. What does working out your brain entail? According to HealthinAging.org, challenging yourself to a daily puzzle or card game will contribute to healthier brain function and help to reduce your risk of developing dementia symptoms down the road.

Many seniors are also returning to school to continue their education. If you aren't interested in a class that earns you college credits but have a certain subject or topic you want to learn more about, join a program at your local community college. Many universities have free courses that you can take for fun. Some even have classes designed specifically for adults 65 years or older.

### 5. Work to prevent falls

The U.S. Centers for Disease Control and Prevention explained that each year, millions of older adults fall, and once people fall, their chance of experiencing another incident doubles. Of those who fall each year, more than 700,000 are hospitalized for serious medical problems, such as head injuries or hip fractures. It's crucial that you do all that you can to reduce your risk of falling. Remember that even if you don't think it could happen to you, everyone is at risk of falling.

Staying fit by exercising regularly will improve your balance and strength. Setting up mats and railings in slippery areas like the bathroom will help you avoid tripping or slipping as well. It's important to see your doctor regularly to check on everything from your sight to your hearing. In the wintertime, try to avoid going outside when it's icy or snowing. If you have to venture outdoors during or after inclement weather, ask for assistance from a neighbor, friend or family



# Nutrition

## 6 Vital Nutrition Tips for Seniors

[www.agingcare.com](http://www.agingcare.com)

As people age, their diets may need to change, especially if their diets are not well-balanced. Generally, doctors will recommend a well-balanced diet for older adults, meaning that they should eat a variety of fruits, vegetables, proteins and whole grains to maintain and improve overall health. According to Ruth Frechman, registered dietitian and spokesperson for the American Dietetic Association, in addition to eating a healthful variety of foods, there are specific things a caregiver can incorporate into their their loved one's diet to boost his or her health.

### Prepare Meals Rich in These Nutrients

#### Omega 3 Fatty Acids

The acids have been proven to reduce inflammation, which can cause heart disease, cancer and arthritis. They can be found in flaxseeds and flaxseed oil, walnuts, canola oil, and different types of fish. Your older relative should have foods rich in this nutrient twice per week. If this is impossible, check with their doctor to see if an Omega 3 supplement would be beneficial.

#### Calcium

The need for calcium increases as people age. This is primarily to preserve bone health. One added benefit of calcium is that it helps to lower blood pressure. The World Health Organization (WHO) recommends that adults over the age of 50 get at least 1200 milligrams per day of calcium – equal to about four cups of fortified orange juice, dairy milk, or fortified non-dairy milks such as almond or soy. Leafy greens like kale and turnip greens are also great sources of absorbable calcium. Many people find it challenging to consume this much calcium per day by eating and drinking, so check with your loved one's doctor to see if he or she should take a calcium supplement.

#### Limit Sodium Content

For those with hypertension (high blood pressure) one of the most important things caregivers can do to help reduce a loved one's hypertension is to prepare foods that are low in sodium. Most people are surprised to find out that added table salt accounts for only a small percent of sodium content in food. Frozen, processed and restaurant foods are typically extremely high in sodium, and should be avoided or only be a very small part of the diet. Fresh and frozen fruits and vegetables, dry beans, unsalted nuts and nut butters, and grains like brown rice and oats are all foods that are naturally low in sodium, so try and incorporate them as much as possible in their diet.

Nutrition continued

### Hydrate

As people age, they do not get thirsty very often, even though their bodies still need the same amount of liquids. If you notice that your loved one is not drinking liquids very often, make sure that you provide them with it. If they do not feel thirsty, chances are they may not think about drinking a glass of water.

If you are concerned that your loved one may not be properly hydrated, check his or her urine. Urine is the surest sign of hydration or lack of it. If their urine is clear and light, then they are most likely properly hydrated. If, however, their urine is dark and/or cloudy, they will need to start drinking more liquids.

### How to Help a Senior Make Dietary Changes

Making dietary changes can be difficult for anybody. It can be especially difficult for older adults, though, because people get stuck in habits. If your loved one needs to make dietary changes to increase their health and well-being, there are specific things that you, the caregiver, can do to help with the change. Frechman recommends three important areas in which caregivers can help.

#### **Incorporate Changes Gradually**

Older people are usually skeptical of change. They need to make small changes gradually. As the caregiver, you should reinforce this and make sure that your loved one is incorporating the new foods into their diet.

For example, if your parent is diabetic and needs to adjust their carbohydrate intake consistency, incorporate oatmeal as breakfast once or twice per week. As they get used to it, oatmeal can be added to three to four times per week. If your parent normally eats white bread, give them a wheat bread sandwich a couple times per week, and gradually increase it so that white bread is completely cut out of their diet.

#### **Set an Example**

When an older adult has to change their diet for health reasons, they can feel singled out. Eating is a social activity and it is important to eat meals with your loved one. It is equally important that when you eat with them, you eat the same foods as them. When sitting down for a family meal, don't make a special meal for your aging loved one and something different for everybody else. By eating with them and eating the same foods as them, the dietary changes being made won't seem so drastic.

Nutrition Continued

### **Make Smoothies**

Sometimes older adults simply refuse to make necessary nutritional changes, even if they are doctor recommended. People with dementia, especially, may refuse to eat certain things. Be creative. If your loved one needs protein, try making them a smoothie with wheat germ. Wheat germ is not a supplement that may interact with prescription medications, but an actual food with very high amounts of protein. Sometimes, foods can be blended into a smoothie to ensure that your loved one consumes the necessary nutrients.

## **Frail & Elderly**

### **Time to move?**

[www.moving.about.com](http://www.moving.about.com)

If you're a senior and you're thinking of moving, deciding if it's time to downsize and move to a smaller place - from a house to an apartment or condo, for instance - or to a retirement home is difficult. There are lots of reasons you might want to consider this type of move: retirement, changes in lifestyle and health are just a few reasons while others decide they want to move closer to family members depending on an individual's situation.

So if you or someone you know requires the "closeness" of family or amenities, then it may be time to move. Here are some things to ask yourself when deciding if you should move.

#### **1. Has your health declined?**

This is the primary reason for moving. If your health or the health of your loved one has declined - you or they can no longer walk as far or manage the stairs or have difficulty taking care of your daily needs or are having memory loss, then it's time to consider a move. Make sure you not only look at the short-term options, but also consider what may happen a year or two from now.

Consider all options, from drop-in help to moving closer to a family member that can assist when needed. Some retirement communities offer a wide range of options, from fully independent living to supportive assistance as required with many facilities enabling the aging in place model. Aging in place means that the residence enables a person to stay for the remainder of their life, with services provided to help them manage the effects of getting older. So if your health has declined - you can no longer walk as far or manage the stairs or have difficulty taking care of your daily needs, then it's time to consider a move.

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Frail and Elderly continued

**2. Are you feeling or becoming more isolated?**

Even if your health hasn't declined, emotional isolation is a serious effect of living on your own. If you're unable to get out of the house very often and you don't have friends or family in the area who come to visit, then you might want to consider moving to be closer to those you love or to join a community where you can meet new friends.

Social isolation is often just as difficult and detrimental as a decline in physical health. If this is something you're experiencing, make sure you look at what kind of services and recreational activities are available in your potential new community. Access to a seniors' network that may include useful services such as home care, cleaning services, snow removal, transportation and home repair.

**3. Do you have enough support where you live?**

While this may go hand-in-hand with social isolation, it's often a separate issue. You may have good friends who drop by and with whom you visit, but not have the in-home care you need to keep your independence. If you find that you need more support than you can find, it might be time to move.

But before you decide to move, ask your doctor about options for home care in your area. You may find that there's enough support so you don't need to move just yet.

**4. Is your home too big or needs too many repairs?**

My in-laws just moved to a smaller home as they found that the upkeep and outside maintenance needed was just too much for them to handle. They moved to a smaller home where the yard work is taken care of by a professional.

So you may want to consider a move if you find your home is just too big or it's maintenance is just too costly. If this is your only reason to move, consider getting rid of things you don't need and finding a smaller home or moving into a condo or apartment. And make sure you hire enough help and have enough emotional support to help you with the move.

Volunteer
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To all RSVP/FGP/SCP and SEP Volunteers  
who are celebrating a Birthday in the  
month of January!



## Staying Active

### **Know Your Numbers – New Mexico Healthy Aging Campaign**

[www.nmseniorolympics.org](http://www.nmseniorolympics.org)

**Know your numbers, change your numbers, change your life!**

#### **Knowing four numbers:**

Waist Circumference, Body Mass Index, Blood Pressure, and Blood Glucose Levels provides a wealth of information about a person's health status, and the risk of developing type II diabetes, heart disease, cancer, Alzheimer's arthritis and a host of other conditions that shorten or diminish quality of life.

But it's not enough just to know your numbers: taking action to change your numbers can significantly improve health and reduce the chances of dying early or having a poor quality for many years at the end of life.

Here's the good news: Reducing waist circumference and Body Mass Index through healthy eating and exercise almost always decreases glucose and blood pressure, frequently reducing or eliminating the need for medication.

#### **What numbers are we aiming for?**

The goal is a waist circumference of less than 40 inches for men, and less than 35 for women. Current research shows that insulin resistance and a high risk of heart disease and stroke start when men's waistlines reach 40 inches and women's reach 35 inches.

Normal blood pressure is systolic pressure less than 120 and diastolic pressure less than 80 mmHg (systolic: pressure of blood against the artery walls as your heart beats; diastolic: blood pressure between heartbeats). Long-term high blood pressure damages veins and arteries and is associated with many serious health conditions, including heart disease, stroke, kidney disease and eye disease.

Normal blood glucose levels range from 64.8 to 104.4 mg/dL, with fluctuations throughout the day. Consistently higher levels of glucose (above 104.4 mg/dL) are evidence of insulin resistance and possible type II diabetes. Diabetes greatly increases the risk of cardiovascular disease, kidney disease, Alzheimer's, nerve damage and eye disease (including blindness). The leading risk factor for type II diabetes is obesity.

# Get UP Get MOVIN' Get FIT



## Senior Olympics Health Promotion



Tuesday, March 21, 2017

9:00 am – 3:00 pm

Santa Ana Star Center

3001 Civic Centre Cr., NE, Rio Rancho



**Learn the WHY and HOW and IMPROVE your numbers thru movement!!**  
**No registration necessary - Register on site**  
**General Session Presentation by Aging Matters, LLC**

**Door prizes – a NEW pair of walking shoes, a FREE Summer Games registration and a Senior Olympics gift basket.**

**8:00 – 8:45** Free health screenings

**9:00 – 9:15** Welcome

**9:15 – 10:15** “Get Up” Sessions

1) Loosening up for movement      2) Tai Ji Quan      3) EnhanceFitness demo

**10:30 – 11:30** “Get Moving” Sessions

1) Exercise bands      2) EnhanceFitness demo      3) Tai Ji Quan      4) Line Dance demo

**11:30 – 12:15** Lunch

First 60 participants receive a sack lunch provided by Sandoval Senior Programs or bring your own sack lunch and join us to find out “What’s happening with Senior Olympics”

**12:30 – 1:30** Know Your Numbers and Walking As A Physical Activity

**1:45 – 2:45** “Get Fit” Sessions

Walk4Fitness; Pickleball; Shuffleboard; Huachas; Frisbee Accuracy

**2:45 – 3:00** Door prizes, handouts, Q & A and wrap up

**Contact: Terry Delgado, Events Co-Coordinator, New Mexico Senior Olympics, Inc.**  
**PO Box 2690 • Roswell, NM 88202-2690 • Toll Free: 888-623-6676 • Fax: (575) 622-9244**  
**Email: [terry@nmseniorolympics.org](mailto:terry@nmseniorolympics.org) • [www.nmseniorolympics.org](http://www.nmseniorolympics.org)**

# *Property Tax Exemptions & Low-Income Senior or Disabled Value Freeze*

SANDOVAL COUNTY ASSESSOR'S OFFICE



Head-of-Household Exemption- (\$2,000 off the taxable value)

- Must be your primary residence
- Must be a NM resident

Veteran's Exemption- (\$4,000 off the taxable value)

- Must be a NM resident
- Can apply to either residential or vacant land

100% Fully Disabled Veteran's Exemption- (100% exempt from all taxes)

- Must be a NM resident
- Must be your primary residence

Low-Income Senior or Disabled Value Freeze- (freezes the total value of the property)

- Must be your primary residence
- Must be age 65 or over; or Disabled
- Household gross income of \$32,000 or less annually

## **Sandoval County Assessor's Office**

1500 Idalia Road

Building D

Bernalillo, NM 87004

Phone: 505-867-7562

Fax: 505-867-7596

Email: [aabreu@sandovalcountynm.gov](mailto:aabreu@sandovalcountynm.gov)

The Sandoval County Assessors office will start monthly visits to the Senior Centers starting in February 2017. Please check the Senior Centers activity calendar

